

**PERBEDAAN *PHYSICAL SELF CONCEPT* SISWA SEKOLAH DASAR  
BERDASARKAN *GENDER***

**SKRIPSI**

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana

Olahraga

Program Studi Ilmu Keolahragaan



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Oleh  
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh  
gelar Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan  
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**ABSTRAK**  
**PERBEDAAN *PHYSICAL SELF CONCEPT* SISWA SEKOLAH DASAR**  
**BERDASARKAN *GENDER***

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*Physical Self-Concept* merupakan kepercayaan diri tentang kemampuan dan penampilan fisik pribadi. Tujuan penelitian ini untuk mengkaji apakah terdapat perbedaan antara *physical self-concept* berdasarkan *gender* pada siswa sekolah dasar. Metode yang digunakan yaitu Kausal Komparatif dengan populasi penelitian ini siswa-siswi SDN 3 Samarang. Teknik *purposive sampling* untuk menentukan jumlah sampel sebanyak 110 orang. Instrument penelitian ini menggunakan *Physical Self-Description Questionnaire Short Version (PSDQ-SV)* memiliki 40 item. Untuk uji beda digunakan *Independent Sample T-Test*. Hasil dari pengolahan serta analisis data menunjukkan bahwa nilai P-value  $0.003 < 0.05$ , maka  $H_0$  ditolak yang artinya terdapat perbedaan antara *Physical Self-Concept* dengan *Gender*.

Kata Kunci: *Physical Self-Concept*, Siswa, *Gender*.

**ABSTRACT**  
**DIFFERENCES OF STUDENT ELEMENTARY SCHOOL PHYSICAL SELF  
CONCEPT BASED ON GENDER**

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**Adviser I : Dr. Nur Indri Rahayu, S.Pd., M.Ed.**

*Physical Self-Concept is a confidence about personal physical abilities and appearance. The purpose of this study was to examine whether there are differences between physical self-concept based on gender in student elementary school. Method used was Causal Comparative with the population of this research of student at SDN 3 Samarang. Purposive sampling technique to determine the number of samples as many 110 people. This research instrument using Physical Self-Description Questionnaire Short Version (PSDQ-SV) has 40 items. For different test used Independent Sample T-Test. The results of data processing and analysis show that the P-value is  $0.003 < 0.005$ , then  $H_0$  is rejected which means there is a difference between Physical Self-Concept and Gender.*

*Keywords: Physical Self-Concept, Student, Gender.*

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